



Daube de Boeuf

Adapted from Elizabeth Bard, [Lunch in Paris](#)

- 4 pounds rump or chuck roast
- 2 tablespoons olive oil
- 6 shallots, whole
- 1 carrot, chopped
- 16 ounces whole tomatoes
- 1 cup red wine
- 1 cup beef broth
- 4 carrots, halved
- 8 ounces mushrooms

Heat your oven to 325 degrees, pat your roast dry with paper towels, and sprinkle it with kosher salt and black pepper. Meanwhile, heat the oil in a dutch oven large enough to hold the roast over medium high heat. Once the pot is hot, add the beef and brown it on both sides. If you had to cut your roast into several large pieces to get it to fit in the pot, work in batches and brown the meat on all sides.

Remove the meat once it is well browned. Add the shallots and chopped carrot and cook for approximately 10 minutes before returning the meat back to the pot.

Add the tomatoes and their juice, the wine, and broth to the pot. Bring to a simmer, cover, and transfer to the oven for 90 minutes. After 90 minutes, turn the meat over and cook for an additional 90 minutes. At this point, add the mushrooms and the halves carrots and continue to cook another 30 to 40 minutes or until the meat is fork tender and the vegetables are cooked.

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